

cromolyn sodium nasal solution USP
Nasal Allergy Symptom Controller

Nasal Spray
NasalCrom[®]

PREVENTS AND RELIEVES NASAL ALLERGY SYMPTOMS

**THE BEST
WAY TO STOP
SUFFERING
IS NEVER
TO START™**

WHAT MAKES NASALCROM UNIQUE?

Nasal Allergy Symptom Prevention

NasalCrom can prevent nasal allergy symptoms when used before exposure to the cause of your nasal allergies, and will build protection against future nasal allergy symptoms as long as you continue to use NasalCrom as directed.


Effective Relief

NasalCrom provides original prescription-strength relief of nasal allergy symptoms, including congestion, sneezing and runny or itchy nose.

Works Only In Your Nose

NasalCrom is a nasal spray that works only in your nose — where nasal allergens attack. It helps to stop the cells in your nose from reacting to pollen, pet dander, and other allergens, so you don't experience nasal allergy symptoms.

Safe

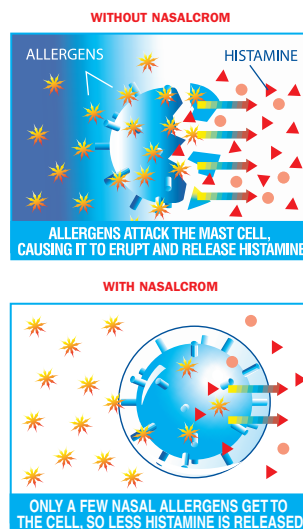
-  No drowsiness
-  No jitters
-  No "rebound" nasal congestion
-  Non habit forming
-  Safe to use with other medicines, including other allergy medicines
-  Safe to use throughout your allergy season
-  Good for year-round allergies
-  Safe for children as young as two years old

WHAT CAUSES NASAL ALLERGY SYMPTOMS?

Nasal allergies are caused by airborne pollens from trees, grasses, or ragweed, and by mold, animals and dust. Exposure to these nasal allergy-causing substances may cause mast cells in your nose to release histamine. When histamine is released it causes nasal allergy symptoms: sneezing, runny/itchy nose, and allergic stuffy nose.

HOW DOES NASALCROM WORK?

NasalCrom is neither an antihistamine nor a decongestant nor a corticosteroid. It's a nasal mast cell stabilizer. In addition to treating nasal allergy symptoms, it decreases the allergic reaction by reducing the release of histamine, the trigger of allergy symptoms, from mast cells.



HOW DO I TELL IF IT'S AN ALLERGY OR A COLD?

Some nasal allergy symptoms may seem like cold symptoms. There are several clues that you're suffering from nasal allergy symptoms, instead of a cold. Colds are caused by viral infections, and symptoms often include fever, body aches, discolored nasal discharge or cough. It is rare for nasal allergies to produce these symptoms. If you have them, please call your doctor before beginning NasalCrom. Nasal allergy symptoms include runny/itchy nose, sneezing and stuffy nose. Seasonal allergies occur the same time each year, and are linked to plant pollens, spores, or molds. Some allergies occur year round, and may be connected to microscopic particles in common household dust, animal dander, or indoor molds. NasalCrom can help you with the nasal symptoms of allergy.

WHO SHOULD USE NASALCROM NASAL SPRAY?

NasalCrom is suitable for most people with nasal allergies including children as young as 2.

NasalCrom is safe to use if you are taking other medicines, even other allergy medicines, because NasalCrom does not cause any known drug interactions.

Don't use NasalCrom if you are allergic to the ingredients. If NasalCrom causes irritation to your nose, discontinue use.

HOW TO USE NASALCROM NASAL SPRAY

Begin use 1-2 weeks before you are exposed to nasal allergens.

To prevent nasal allergy symptoms, start using NasalCrom before you think your symptoms will begin. Use your experience as a guide. For example: if you are allergic to cats, start NasalCrom one week before you visit a house with cats. If you can't predict your allergy season, begin NasalCrom at the first signs of nasal allergy symptoms. NasalCrom also relieves nasal allergies while it builds full protection against further symptoms.

Use NasalCrom 3-4 times a day, every day while in contact with the cause of your nasal allergy, whether you have symptoms or not. Spray once in each nostril in the morning, at noon, at dinner, and at bedtime. Some people may get brief nasal stinging and/or sneezing right after the use of NasalCrom.

Full protection may take as long as 1-2 weeks with regular use so continue using NasalCrom during that time. Regular use is important to achieve full protection.

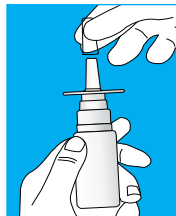
Use NasalCrom throughout your allergy season.

NasalCrom can be used safely up to 6 times a day, for up to 12 weeks. If you need NasalCrom beyond 12 weeks, speak to your doctor. Also speak to your doctor if your symptoms worsen, new symptoms occur, or symptoms do not begin to improve within two weeks. Your symptoms may indicate some other underlying condition.

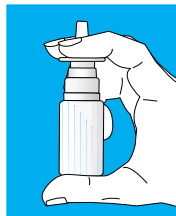
STOP AFTER 2 WEEKS IF YOU DON'T GET ANY RELIEF

STOP USE AND ASK A DOCTOR if shortness of breath, wheezing, chest tightness, hives, or swelling of the mouth or throat occurs while using this product. You may be allergic to NasalCrom and require further medical attention. Do not use NasalCrom if allergic to any of its ingredients.

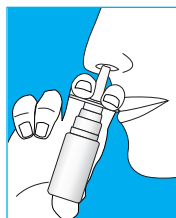
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SPRAY PUMP DIRECTIONS

For Adults and Older Children

Blow your nose before using NasalCrom Nasal Spray.

1. Remove the clear plastic cap and yellow safety clip (picture 1).
2. Hold the pump with thumb at bottom and the nozzle between fingers. If this is the first time you are using the pump, or if you have not used the pump for several days, spray in the air until you get a fine mist (picture 2).
3. Hold the bottle as shown in the picture. Insert nozzle into nostril. Spray upward while breathing in through the nose. This will release one dose of medication. Repeat in other nostril. Some people may get brief stinging and/or sneezing right after the use of NasalCrom Nasal Spray (picture 3).
4. To keep clean, wipe the nozzle. Put clear plastic cap and yellow safety clip back on the bottle.
5. Do not share this bottle with anyone else as this may spread germs.

For Very Young Children

1. Only an adult should administer the product.
2. Use care when inserting the nozzle into the nose to avoid injury.

NASAL ALLERGY CONTROLLING TIPS

Many people are allergic to the dust mites that live in carpeting and bedding. Put mattresses and pillows in airtight covers and, if practical, get rid of all carpets. Use an air purifier with a HEPA (High Efficiency Particulate Air) filter to clean the air. People with nasal allergies to animals should limit their contact with these animals. It is the animal's dander (skin flakes) that causes allergies, not the hair length. People who are allergic to pollen and mold should use an air conditioner as much as possible. When you open the windows in your house, you let in pollen and mold spores. Ask your doctor or healthcare professional for more tips on how to allergy-proof your home.

WHERE CAN I GET MORE INFORMATION?

For more information, visit our web site at www.nasalcrom.com or call **1-877-9-ALLERGY** (1-877-925-5374) to speak with a Product Specialist.

Store between 20°-25°C (68°-77°F). Keep away from light.

Active ingredient made in the United Kingdom. Finished product manufactured in France.

Marketed by

Pharmacia Consumer Healthcare
Peapack, NJ 07977 U.S.A.

Revised January 2001

817 207 204

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Process

Starting Date	Product	NDC#	EDP#	Copy Code
12/11/00	NasalCrom Package Insert			817 207 204